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# Yokota Airmen deploy, support war on terror



Above, Lt. Col. Douglas Dickerson, 374th Logistics Readiness Squadron director of operations, hugs his daughter goodbye before leaving Yokota Air Base on Monday for a 120-day deployment to Al Udeid Air Base, Qatar. Approximately 70 Airmen from Yokota deployed to support Operations Enduring and Iraqi Freedom. More than 300 Airmen from the base will deploy as part of Air Expeditionary Force 3-4. Right, Airmen board an aircraft and take a last look at Yokota before deploying to numerous bases within the Central Command area of operations.

By Capt. Warren Comer  
374th Airlift Wing Public  
Affairs

All Airmen know their mission is to protect the people of the United States and to defend the freedoms by which the country was founded upon.

Keeping true to these beliefs, approximately 70 Airmen from the 374th Airlift Wing set out on a 120-day deployment Monday in support of Operations Enduring and Iraqi Freedom throughout various parts of Southwest Asia.

“This is our job, that’s what we get paid to do,” said Master Sgt. Dan Laitinen, 374th Comptroller Squadron, who deployed to Baghdad International Airport, Iraq, about Airmen’s participation in supporting Air Expeditionary Force 3-4. “It’s time to go earn our money.”

The AEF provides a steady battle rhythm to Airmen so they may support worldwide operations. Monday’s mass deployment from Yokota was just a piece of that overall process. Last year alone, approximately 1,600 Airmen here deployed in support of the Global War on Terrorism.

Most of the Airmen on Monday’s deployment were heading to Southwestern Asia. They came from a variety of career fields including the 374th CPTS, 374th Logistics Readiness Squadron, 374th Mission Support Squadron, 374th Services Division and 374th Medical Group.

On Labor Day, Airmen assembled at the Deployment Processing Center at Yokota, spending the final hours of their time here with family and friends before departing.

Most people said saying goodbye to their loved ones is a very hard thing to do, but they understand the mission and know that the base has numerous programs established to help them while one of their family members is deployed.

During the goodbyes, Lt. Col. Douglas Dickerson, 374th LRS director of operations and troop commander for the deployment, took a moment to reflect on the timing of their departure while explaining the upcoming flight to Airmen.

“Just one week from today is the day al-Qaida struck the World Trade Center,” said Colonel Dickerson. “We’re coming up on the five year anniversary of Sept. 11 and Airmen are just as enthusiastic (to deploy) today as they were then.”

While Airmen have been deploying in support of operations before Sept. 11, they



Senior Airman Joshua Joslyn, 374th Logistics Readiness Squadron, gives his daughter a high five before departing on a 120-day deployment. Airmen from Yokota Air Base routinely deploy in support of the Global War on Terrorism. In 2005, approximately 1,600 Airmen supported deployments as part of the Air Expeditionary Force.

said the attacks really showed them what was important and how they could help make a difference in the world through their service in the U.S. military.

Airmen were confident that their family and friends could handle their absence for the short period because the families know the work they were doing would actually ensure that the freedoms people cherish today would still be with them tomorrow.





# Hispanic Heritage Month honored

By Master Sgt. Dominique Brown  
374th Airlift Wing Public Affairs

The National Hispanic Heritage observance month begins Sept. 15 and goes through Oct. 15.

Yokota Air Base community members will have an opportunity to take part in multiple observance activities.

"Hispanic Americans: Making a Difference in Our Communities and Our Nation," is the theme this year.

"This year's committee has worked very hard to put together a month full of events to give the community an opportunity to share the rich culture, history and contributions of Hispanic Americans," said Chief Master Sgt. Aurelio Francis, Hispanic Heritage committee chairman. "During this month, we proudly celebrate Hispanic Americans, the largest ethnic group in the United States, for their remarkable achievements."

The events scheduled begin with a cake cutting ceremony Sept. 15 at 11 a.m. at the Yokota Community

Center, followed by free Salsa and Merengue dance lessons at 8 p.m., and Latin Night at 9 p.m., at the Enlisted Club's Spectrum Lounge.

Other highlights include:

- ◆ Latin American Club food tasting at the Commissary Sept. 16 at 11 a.m.

- ◆ Volleyball tournament Sept. 17 from 9 a.m. to 7 p.m. at the Samurai Fitness Center.

- ◆ Yokota Middle School Hispanic Culture presentation Sept. 22 at 1:40 p.m.

- ◆ Hispanic Culture Club potluck for dorm residents Sept. 30 in Dorm 118.

- ◆ Hispanic Culture Block Party Oct. 7 starting at noon in the Enlisted Club.

- ◆ Hispanic Heritage luncheon at the Enlisted Club Oct. 10 at 11 a.m. with a live band and Mexican folk dance group.

- ◆ Free Salsa and Merengue dance lessons at the Enlisted Club's Spectrum lounge Oct. 13 at 8 p.m. followed by Latin Night at 9 p.m. with free Latin music CDs and

snacks.

- ◆ Hispanic culture exhibit at the base library will be on display throughout the observance period.

"We encourage all personnel to gain an awareness and appreciation for Hispanic American history," said the chief. "As we remember the achievements of Hispanic Americans, we highlight their role in our nation's resolve to promote peace and security in the world."

"From the American Revolution to today's professional volunteer military, more than one million Hispanic veterans have served our country with honor and courage," said the Chief. "Forty-two Hispanic Americans have been awarded the Medal of Honor – the most of any other ethnic group in proportion."

All military, civilian and family members are invited to participate in base activities celebrating the vast contributions of Hispanic Americans. Call Chief Francis at 225-4146 or Capt. Christopher Boyd at 225-8046 for more information.

## Bilateral joint disaster preparedness



photo by Capt. Warren Comer

**Personnel from United States Forces-Japan load emergency supplies during the Tokyo Metropolitan Government Disaster Preparedness Drill at Yokota Air Base Sept. 1. The annual drill is based on a large-scale earthquake scenario in the Tokyo area and helps Japanese government officials examine national, regional and local levels of readiness.**

## New Arrivals

**June 20** – Aiyuna Marie Josephine Guerttman, 7-pound, 8-ounce daughter of Antonnette and Jeffrey Guerttman.

**June 21** – Alex Chase Fabian, 6-pound, 4-ounce son of Crystal Fabian and Nathan Lancor.

**June 21** – Alexandra Marie Hacker, 6-pound, 13-ounce daughter of Jacqueline and Justin Hacker.

**June 22** – Kaden James Thompson, 10-pound, 4-ounce son of Sylvia and Derek Thompson.

**June 29** – Ian Thomas Wain Gilbert, 8-pound, 7-ounce son of Melanie and Charles Gilbert.

**July 6** – Tanner Dale Thomas, 8-pound, 9-ounce son of Tiffani and Justin Thomas.

**July 9** – Jeiro Kian Palisoc Mercurio, 6-pound, 10-ounce son of Rhodelyn and Jerry Mercurio.

**July 10** – Jansen Daniel Koehler, 7-pound, 10-ounce son of Cara and Christopher Koehler.

**July 15** – Akane Shiromoto Parks, 6-pound, 15-ounce daughter of Mayumi and Eric Parks.

**July 19** – Juliana Claire Burdge, 7-pound, 6-ounce daughter of Tally and Eric Burdge.

**July 22** – Joseph Roman Eves, 7-pound, 12-ounce son of Kimberly and James Eves.

**July 25** – Kaylie Mariska Babocsi, 8-pound, 1-ounce daughter of Jamye and Laszlo Babocsi.

**July 29** – Blake Hernan Spalding, 9-pound, 10-ounce son of Sandra and Wayne Spalding.

**July 30** – Christina Yui Goodson, 7-pound, 9-ounce daughter of Ryoko and Charles Goodson.

**August 1** – Savannah Nicole McHenry, 7-pound, 5-ounce daughter of Jerri and Kevin McHenry.

**August 1** – Faith Masong Franz, 7-pound, 3-ounce daughter of Jovy and Ryan Franz.

**August 2** – Jarren Kekoa Miguel Ching, 8-pound, 11-ounce son of Irene and Steven Ching.

# AD

# Defense Travel System available for official travel

By Staff Sgt. Ruth Curfman  
374th Airlift Wing Public Affairs

Airmen traveling on official business from Yokota Air Base can plan all of their reservations from the comfort of their own desk.

"Although the Defense Travel System has been in place since June, people still have a lot of questions regarding the use of the system," said Abe Akiwa, 374th Traffic Management Office. "We want to make sure people have a better understanding about how to use the new

system and answer some of the most common questions we are receiving.

"The DTS is a one-stop shop for any official travel," said Ms. Akiwa. "This system provides electronic connectivity between all of the parties involved in the planning and payment of official travel."

According to travel officials, DTS is a fully automated system that pays government travel card charges automatically, significantly reduces time spent waiting in line for airline tickets and eliminates unnecessary visits to accounting and

finance to file a travel voucher.

"We need people to understand that due to regulations, official travelers must use the commercial travel office on base for commercial air, rental car and hotel reservations," said Ms. Akiwa.

People can also go online to cancel the authorization after it is ticketed by the CTO and to avoid any unnecessary payments being made to the member, said Ms. Akiwa.

"The other benefit of the DTS is to help alleviate the wait time spent at the accounting

and finance offices to fill out paperwork that can be filled out and directly sent to the member's finance office which will help the member receive reimbursement and pay off the GTC much faster."

Currently, DTS service does not extend to permanent change of station, separation, retirement or emergency leave. For more information on DTS and how it works, call Omega Travel at 225-6430 or 225-6437, TMF at 225-9812, or your Organization Defense Travel Administrator.

## New Air Force Reserve recruiter in place here

By Staff Sgt. Ruth Curfman  
374th Airlift Wing Public Affairs

Yokota Air Base received a new Air Force Reserve recruiter, filling a slot that has been vacant for the past eight months.

"Because there has not been a recruiter here for a while, I want to make sure I get the word out that I am here and ready to help anyone who might be interested in joining the Reserves," said Master Sgt. Lewis Wells, in-service recruiter for mainland Japan and Korea. "Also, according to regulations, everyone separating from the military is required to come in and talk to me before they can out-process the base."

Sergeant Lewis comes to Yokota from Fairchild Air Force Base, Wash.

"If people are interested in returning to the civilian way of life, the Air Force Reserve is a great way to do that yet still stay in the military on a part-time basis," he said. "The Reserves require people to do one weekend a month and two

weeks a year. We will try our best to either keep people in their Air Force career field or the person will be offered a choice of career fields that the Reserves desperately need filled."

In addition, the Reserves are a way for people to finish up their commitment to the military or continue serving while having a civilian job.

"It's really the best of both worlds if that's what they are looking for," said Sergeant Wells. "People can also finish up their time in the military to achieve their retirement pay through the Reserve program."

Although Sergeant Wells schedule will require that he travels to different bases, he wants people to know they can always contact him.

"If people want more information or just general information about the Reserves, they can call me at 225-6388," said the sergeant. The Air Force Reserves office is located in Bldg. 316. E-mail [lewis.wells@yokota.af.mil](mailto:lewis.wells@yokota.af.mil).

## Graduates of Airman Leadership School

The following senior airmen recently graduated from the Airman Leadership School here:

**Robert George**, 374th Civil Engineer Squadron, John L. Levitow award;

**Jaki Chang**, 374th Communications Squadron, distinguished graduate and academic achievement award;

**Ray Pontemayor**, 374th Maintenance Squadron, distinguished graduate;

**Jeremy Trujillo**, 374th Mission Support Group, leadership award;

**Michael Nardone** and **James Smith**, 374th Aircraft Maintenance Squadron;

**Kevin Howell**, **Jason Leal**, **Ramir Manaloto**, **Victor Nanez**,

**Joshua Schmidt**, **Mitchell Thaxton**, **Wayde Waltjen**, **David Weeden** and **Mardie Wilson**, 374th Civil Engineer Squadron;

**Alden Malit** and **Faye Rose**, 374th Communications Squadron;

**Andy Burke**, **Michael Davis**, **Nathan Filkins**, **Gregory Salas** and **Devin Sigle**, 374th Logistics Readiness Squadron;

**Bradley Louis** and **Jeffrey Meyer**, 374th Maintenance Squadron;

**Lacy Richardson**, 374th Maintenance Operations Squadron;

**Jacqueline Lane**, **Lydia Myers** and **Tiffany Pacheco**, 374th Mission Support Group;

**Ayaka Kohirumaki** and **Satoshi Morimoto**, Japan Air Self Defense Force.

# AD



# Remembering 9/11: a personal account

**Lt. Col. Leslie M. Claravall**  
374th Medical Operations Squadron

I remember the day well – it was a sunny Tuesday morning. I was assigned to Air Staff on the 15th floor in one of six buildings at a complex towering over Falls Church, a small city in Virginia about five miles away from the Pentagon.

I was working for the Air Force Medical Service chief information officer on various information system projects with about 10 other Air Force members on the team.

We were all at our usual weekly meeting discussing standard agenda items when about a half-hour into the session, one of my colleagues left the room to answer a phone call from his wife. He came back alarmed and informed us that a plane had hit one of the World Trade Center towers.

We assumed at the time it was a small Cessna-type aircraft and we proceeded with business.

A few minutes later, we were interrupted once again and were told another plane crashed into the second tower of the World Trade Center.

This time, we stopped what we were doing and were glued to the Internet and television, where recorded footage of the horrifying incident played right before our eyes.

At that time, we all knew this could not possibly be a coincidence.

A few moments later came a sound I will never forget.

Our team heard the engines of what must have been a commercial airliner overhead, something we don't usually hear so close to our building. The whirring noise seemed to be slowing and was so loud that the windows of our conference room shook.

I looked at one of my co-workers and we exchanged what was on our minds ...

After what we had just witnessed on the news, surely something like that couldn't happen here.

Unfortunately, we were wrong.

We soon heard confirmed reports pouring into our office that the Pentagon was attacked. Only later did we realize the plane we heard fly by was the very plane that slammed into the side of our na-

tional defense's nerve center.

So what was it like in the Washington, D.C., area immediately following the news that the Pentagon was attacked? The initial hour was chaotic.

We were directed to evacuate our building and to remain on telephone standby. One of my first thoughts during those moments was, "Are we in World War III?"

The minutes that followed were absolute pandemonium. No one knew what was happening.

I heard multiple sirens going on in the distance. The usual five-minute drive back to my apartment took more than an hour. The entire highway system was in gridlock. I had difficulty calling anyone as all the phone lines were jammed.

Consequently, my husband, who was in Texas, couldn't get a hold of me. I learned later that my parents had assumed I was in the Pentagon at the time and feared the worst. I left several cell phone messages for my friend, who worked at the Pentagon for the Secretary of Defense. It was evening before I was able to contact anyone.

Sept. 11, 2001 was the longest day I, and I'm sure thousands of others, had ever experienced!

For the remainder of the week, all that was on the news was what transpired that day. The nation grieved, and continues to grieve at, the loss of so many loved ones, and the loss of America's "innocence."

When the portion of the intrast-

ate that passes directly in front of the Pentagon was re-opened, I was able to resume using that route for various errands. As I drove by, the

than ever, and as a result, "Homeland Defense" and "Global War on Terrorism," have become part of our everyday vocabulary.

We are reminded in the news almost daily that we are fighting an asymmetric war with an enemy who has no borders, who is patient and adamant about its objectives.

A squadron commander's biggest challenge is to convey to troops the importance of meeting training requirements so they are always combat-ready; to avoid impatience and complacency at a time we can't afford to be impatient and complacent; to recruit and retain our troops (and families) at a time when we need them most; to develop and mentor our next generation of leaders to understand the bigger picture in the defense of our nation; to keep morale up amid multiple competing priorities; and to convince them that what they do everyday, regardless of career field, does make a difference.

Col. Scott Goodwin, 374th Airlift Wing commander, mentioned at one of his previous officer's calls that you are one of about 270,000 Airmen of nearly 300 million Americans. That's 0.1 percent of the U.S. population who are members of the best-trained, most-feared Air Force in the world.

I tell you, if you don't think you make a difference, think again!

Appreciate what you do to safeguard America's future ... your service is priceless!



U.S. Navy photo by Michael W. Pendergrass

**Military members rendered honors as fire and rescue workers unfurled a huge American flag over the side of the Pentagon during rescue and recovery work following the Sept. 11 terrorist attack. The attack came at approximately 9:40 a.m. as a hijacked commercial airliner, originating from Washington, D.C.'s Dulles International Airport, was flown into the southern side of the building facing Virginia Highway 27.**

sight of a massive American flag draped over the side of the building's charred wounds was inspiring. The colors of red, white and blue were at the most beautiful I had ever seen. It was a highly televised and published picture that promoted newfound patriotism and led me to gain a better appreciation for being in the military.

As we approach the fifth anniversary of the events of "9/11," I reflect back. How times have changed!

The defense of our nation and its liberties are more important now

## Action Line

**E-mail: [action.lines-1@yokota.af.mil](mailto:action.lines-1@yokota.af.mil)**

*The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, that couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.*

**Col. Scott Goodwin**  
374th Airlift Wing Commander



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### Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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### DUI Prevention

Aug. 29 – Sept. 5	0
Total DUIs in August	2
Total in 2006	12

#### Punishment

.049 or less = car parked for 12 hrs.  
.05-.079 = 6 months walking  
.081-.149 = 1 year walking  
0.15 or greater = 2 years walking

### Misconduct Prevention

Aug. 29 – Sept. 5	0
Total incidents in August	9
Total in 2006	68

#### Punishment

Family members or civilians can lose AAFES, MWR or Commissary privileges; receive fines or restitution, community service hours, evaluation or counseling, curfew, suspension or loss of driving privileges and debarment from base through the Yokota Conduct Adjudication Program.



# Yokota community donates food, time to homeless

By Jennifer Hensley  
Fuji Flyer staff writer

The Yokota Air Base Chapel, with its delicate stained-glass windows and sturdy wooden beams supporting the vast ceiling, serves as much more than a place to worship. It functions as a base camp for a very important operation: the Homeless Ministry.

While homelessness may not seem like a problem for military families who are provided with housing as part of their basic military benefits – it occurs at an alarming rate throughout the world. However, an intricate network of people and places on base are doing everything they can to help combat the crisis.

The Homeless Ministry originally began about 13 years ago when Pastor Won Soku Shim, a Korean Buddhist in Tokyo, had a change of heart.

“Pastor Shim came to Tokyo to earn his doctorate,” said Brother Luke Villeneuve, director of the ministry and clergyman of the Yokota Catholic community. “Some time into his studies, he converted to Christianity and heard a calling to help the homeless. Now he is helping to feed hundreds of people all over the Tokyo area.”

According to Brother Luke, the Yokota mission started several years later with residents and businesses that were in the process of moving.

“When people moved, they cleaned out their pantries and brought the food to us,” he said. “Then, when the old commissary closed, the vendors donated excess food instead of having to move it to the new building.”

Between private donations and the generous contributions from the Yokota commissary vendors, Pastor Shim and Brother Luke – and their army of volunteers – are able to serve about 2,500 hot meals every week.

On average, they receive about three to five tons of food a week. The bulk of the aid comes from surplus food items from commissary vendors, which include everything from rice to bread to dairy products.

Twice a week, a truck comes to load up the donations at the chapel and the food is taken downtown to one of several locations throughout Tokyo where

it is sorted, cooked and served.

“It is a miracle we are able to do what we do. The kitchens we use to prepare the food are often very tiny and we use only a few appliances,” said Brother Luke, his face breaking into a huge smile. “But we manage and the results are amazing.”

Some of the ministry’s recipients walk two hours one way for the chance to receive a hot meal. In the winter months, the trek can be much longer.

Ministry volunteers make sure their clients are fed – body and soul.

In addition to the meals, Pastor Shim and his congregation provide clients with music and worship. And when they leave to make the long journey back to their shelters, in parks and along rivers, they often take donated food items with them.

“We always try to make sure they leave with a little something in their pockets,” said Brother Luke. “When you don’t have the protection of a roof over your head, the nights can be very long.”

Recipients of the ministry are generally middle-aged men and come from all walks of life. While some find themselves homeless as a result of job cuts, most all suffer from despair.

The homeless ministry seeks to help feed that need, too.

“Each day, this ministry is a living miracle. In Japan, homeless people are lost. In my 55 years in Japan, I have never had a homeless person ask for money, they suffer in silence,” said Brother Luke. “This ministry provides them with a voice.”



photos by Jennifer Hensley



**Above, Jacob and Maxwell Kawada work together to lift a heavy bag of rice during the Homeless Ministry’s scheduled loading time on base. The boys volunteered their time to help collect food for people in need throughout the Tokyo region. Left, a volunteer, with the ministry under Pastor Shim, loads supplies donated by commissary vendors on a truck at Yokota Air Base. Donated groceries are transported to a church in Tokyo where they will be sorted, prepared and served to those people in despair.**

# AD

## Off base

**Iruma Taiko performances:** Enjoy Taiko drum performances, Taiko workshops, food booths and classes. Sunday at the Iruma City Museum Public Area. Call 04-2964-111 ext. 2145. Date will change to Sept. 17 in the event of rain.

**International Fair:** Fussa's International Fair is Sunday from 10 a.m. to 8 p.m. in the east area of the Fussa Station. There will be a classic car parade at 11:30 a.m. and performances include music, dance and Yokota Air Base's Samurai Taiko Drum Team at 12:30 p.m.

**Ginger Festival:** Ginger is said to be the best way to prevent catching a cold. The Ginger Festival in Akiruno is today and Saturday. The festival has many booths that sell ginger root and leaves at the Ninomiya Shrine.

**"Yokota Day" with Seibu Lions:** The Seibu Lions and Seibu Invoice Dome invite the Yokota community to "Yokota Day" Sept. 19 starting at 6 p.m. The Seibu Lions play the Fukuoka Soft Bank Hawks in a major league game. Discount tickets are available on a first-come, first-served basis and tickets go on sale Saturday at 10 a.m. through ITT in the Yujo Community Center.

## On base

### Movies

**Today** – *Little Man*, PG-13, 7 p.m.; *Idiocracy*, R, 9:30 p.m.

**Saturday** – *Garfield: A Tail of Two Kitties*, PG, 2 p.m.; *You, Me and Dupree*, PG-13, 7 p.m.; *Idiocracy*, R, 9:30 p.m.

**Sunday** – *Little Man*, PG-13, 2 p.m.; *Idiocracy*, R, 7 p.m.

**Monday** – *Idiocracy*, R, 7 p.m.

**Tuesday** – *You, Me and Dupree*, PG-13, 7 p.m.

**Wednesday** – *Idiocracy*, R, 7 p.m.

**Thursday** – *You, Me and Dupree*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

### 225-RIDE

Volunteers are needed for 225-RIDE. Send an e-mail to 225-RIDE@yokota.af.mil.

### KUDOS

Kids Understanding Deployment Operations is scheduled for Sept. 30. KUDOS allows children to experience what happens when a parent deploys. Participants will process through deployment lines and receive dog tags. E-mail ruth.montgomery@yokota.af.mil.

### Story time

Children's story time at the base library is Monday at 11 a.m. Come listen to readings of popular children's books and do arts and crafts. Call 225-7490.

### AFSA meeting

The Air Force Sergeants Association is holding its monthly meeting Sept. 25 at the Enlisted Club from 9 to 10 a.m.

### Case lot sale

The Yokota Commissary is holding "The world's biggest case lot sale," Sept. 16 and 17. Items on sale up to 50 percent off.

### Dance classes

Dance classes for children three years and older are available at the East Youth Center. Call 225-7441.

### Deployment DVD

Sesame Street has made a deployment DVD for children and is free to U.S. Armed Forces personnel. The DVD is about Elmo's Dad leaving for an unspecified deployment and deals with his feelings before, during and prior to the homecoming. Visit <http://www.sesameworkshop.org/tlc/>.

### Air Force Ball

The Air Force Ball is scheduled for Saturday at 6 p.m. at the Taiyo Recreation Center. Come celebrate the 59th Anniversary of the Air Force. Purchase tickets through first sergeants. All Yokota Air Base community members are invited. This is a formal event; officers wear the mess dress uniform, enlisted wear the mess dress or semiformal blues and civilians dress in formal to semiformal. See the bus route and schedule on the Commander's Access Channel.

### Applications delay

The temporary suspension of the Voluntary Assignment Applications consideration for Base of Preference, Voluntary Stabilized Base Assignment Program, Follow-on, Join Spouse, CONUS Isolated and Permissive assignment requests has been extended from Aug. 20 to Sept. 30. Applications will still be accepted. Email [afpc.dpass3@randolph.af.mil](mailto:afpc.dpass3@randolph.af.mil) for more information.

### Talent show

The Air Force Family and Teen Talent Show is Sept. 23 from 2 to 4:30 p.m. at the Taiyo Community Center. Youth from 3 to 18 years old can choose from numerous competition categories. Registration deadline is Sept. 15. Call 225-6955.

### Singles' ministry

Young adults and singles of the chapel are welcome.

**Tuesdays** – Free dinner, Bible discussion and fellowship starts at 5:30 p.m.

**Thursdays** – Intercessory prayer at 6 p.m. and fellowship and snacks at 7 p.m.

**Fridays** – "Extreme Coffee Bar," with snacks, drinks and games from 7 p.m. to midnight.

**Saturdays** – Morning sports activities at the main gym, lunch brunch at 1 p.m. and band practice from 3 to 5 p.m.

Call 225-7009 for details.

### Cooking classes

The AFRC offers the following cooking classes:

– Japanese cooking class Tuesday from 5 to 6:30 p.m.

– Korean cooking class Sept. 26 from 11:30 a.m. to 1 p.m.

Call 225-8725 for more information.

### Bundles for Babies

The Airmen and Family Readiness Center offers an educational program Tuesday from 9 a.m. to noon for couples expecting a baby. Topics include infant care and selecting a caregiver. Call 225-8725.

## Samurai Warrior



## of the Week



**Tech. Sgt. David Bragg**

Tech. Sgt. David Bragg, 374th Aircraft Maintenance Squadron, is this week's Samurai Warrior of the Week for exhibiting the qualities of sincerity and respect for one's word of honor, absolute loyalty to one's superior and a duty to defend the honor of one's name and guild.

As a C-130 dedicated crew chief, his inexhaustible drive and relentless pursuit of perfection were put to the test when he deployed to Alaska to support bilateral exercise Cope Thunder 06-3, where he supported multi-national forces training in simulated war-time scenarios. He also directly supported the 36th Airlift Squadron to execute 38 sorties totaling 174.2 flying hours and was a major driving force behind the success of the exercise.

### Dance Troupe

The Yokota Dance Troupe is resuming classes at the Taiyo Community Center Tuesdays. Call 225-7189.

### Special showing

The Aga-Boom theater of physical comedy featuring clowns is holding a special free showing for deployed families Sept. 17 at 2 p.m. Showing and tickets are available at the Yujo Community Center.

### Assignments online

Enlisted Airmen are now responsible for updating their own assignment preferences online through virtual Military Personnel Flight. Refer to instructions found under "Self Service Actions" in vMPF.

### TRICARE coverage

Dependent children attending college are authorized medical coverage through TRICARE until they turn 23. Call 225-6474 or visit <http://www.tricare.osd.mil>.

### Skate night

Both Youth Center gyms are holding a skate night Sept. 23 from 6 to 8 p.m. Free for members, \$3 for nonmembers. Children under eight years old must be accompanied by someone 16 years or older.

### Chapel schedule

#### Traditional (West) Chapel

**Catholic:** Mass, Sundays at 9:15 a.m. and 5 p.m.

**Protestant:** Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

#### Contemporary (East) Chapel

**Protestant:** Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

### PO disclaimer

An asterisk (\*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

# AD



## “Quotes” & Things

*“It’s better to be quiet and ignorant than to open your mouth and remove all doubt.”*

John McNamara

**TOPS:** Take Off Pounds Sensibly, a nonprofit weight-loss support group, every Thursday from 11:30 a.m. to 12:30 p.m. at the Health and Wellness Center. Seminars include skin care, hormones and weight loss, exercise tips, make-up tips and color analysis. Call the HAWC at 225-8322.

**Yoga class:** Take yoga during lunch Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. at the Taiyo Recreation Center. Cost is \$30. Call 225-6955.

**Ekiden Road Relay:** The 17th Annual Camp Zama Ekiden Road Relay will be held at Sagami Depot Oct. 1 at 8 a.m. Call 263-7980.

**Traditional Karate:** For ages 4 and older, Tuesdays from 6:30 to 7:30 p.m. and Saturdays from 9 to 11 a.m. at the Taiyo Recreation Center. Cost is \$20. Call 225-6955.

**Start Smart Soccer:** The season runs from Sept. 16 to Oct. 21, registration goes through Thursday. Cost is \$30. Mandatory parents meeting Sept. 15, at 6 p.m. at the East Youth Center. Call 225-7441.

**Youth Volleyball:** Registration goes through Sept. 29, the season runs from Nov. 4 to Dec. 16. Call 225-7441.

**Youth Flag Football:** Season is Nov. 4 to Dec. 16, registration is through Sept. 29. Call 225-7441.

**Cheerleading:** Season is Nov. 4 through Feb. 17, registration ends Sept. 29. Call 225-7441.

# Personal trainers focus on fitness

*Provide one-on-one training, guidance*



photo by Capt. Ben Alumbaugh

**By Capt. Ben Alumbaugh**  
374th Airlift Wing Public Affairs

For people looking to jump start their fitness level, personal trainers are able to increase the amount of sweat and aching muscles.

The Health and Wellness Center and the Samurai Fitness Center both provide options to Team Yokota members.

Both provide people with the ability to match their nutrition and physical training to reach fitness goals.

“I feel I succeeded as a trainer when my clients stick to their routine on their own,” said Juanito Bonpua, certified personal trainer. “I teach my clients about proper technique and give them the motivation to continue doing it on their own.”

The HAWC also provides classes during duty hours for people throughout the duty day to give as many options as possible.

“Give us a call and we’ll help you out,” said Maj. Sheila Thornton, Health and Wellness Center flight chief.

For more information on personal trainers, call the Health and Wellness Center at 225-8322 or the Samurai Fitness Center at 225-8881.

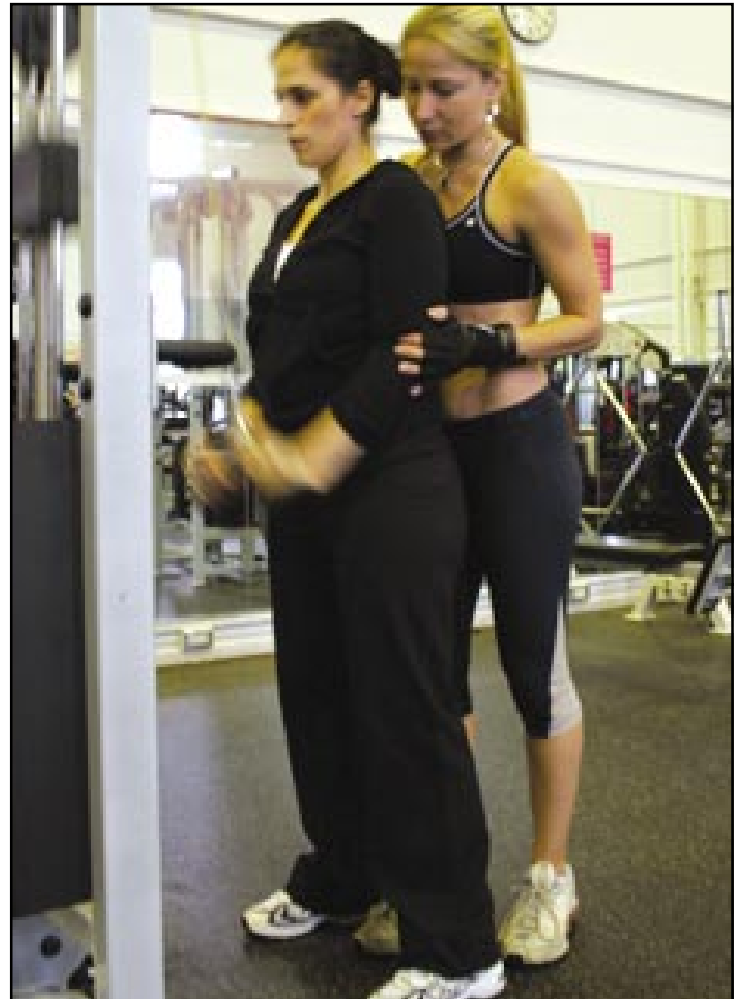


photo by Staff Sgt. Ruth Curfman

**Left, Juanito Bonpua, certified personal trainer, puts Del Anderson through the paces with an upper back workout. Above right, Yvonne Bentley gets assistance during her upper arm workout from certified personal trainer Antioaneta Fitzpatrick.**



photo by Staff Sgt. Ruth Curfman

**Above, Lori Sanders, certified personal trainer, shows Pamela Willis the proper form for squats during her session at the Samurai Fitness Center.**

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